

Aquatics Schedule

(▶ INDICATES EXTRA FEE)

See Program Guide for Class Descriptions and Prices

June-Sept. 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 8:00 a.m. - 4:30 p.m.	OPEN SWIM 5:30 - 8:30 a.m.	OPEN SWIM 5:30 - 7:15 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 8:00 - 8:50 a.m.
		A.M. ENERGIZER 7:15 - 8:00 a.m. (Deep End Closed)	KICKING UP THE WAVES 7:45 - 8:30 a.m.	A.M. ENERGIZER 7:45 - 8:30 a.m. (Deep End Closed)		▶ LEARN TO SWIM (AGES 3 & UP) 8:50 - 9:30 a.m
	WATER IN MOTION 8:30 - 9:30 a.m.	MOBILITY PLUS 8:30 - 9:15 a.m.	WATER IN MOTION 8:30 - 9:30 a.m.	MOBILITY PLUS 8:30 - 9:15 a.m.	MOBILITY PLUS 8:30 - 9:15 a.m.	▶ YOU AND ME BABY 9:30 - 10:00 a.m (6-36 Months)
	VOLLEYBALL 10:00 - 11:00 a.m. Lap Lanes Closed	PRESCHOOL 9:15 - 12:15 a.m.	VOLLEYBALL 10:00-11:00 a.m. Lap Lanes Closed	PRESCHOOL 9:15 - 12:15 a.m.	VOLLEYBALL 10:00 - 11:00 a.m. Lap Lanes Closed	▶ LEARN TO SWIM (AGES 3 & UP) 10:00 - 10:35 a.m
			STEP IT UP/FLOW 11:15 a.m. - 12:15 p.m.			
	STEP IT UP/FLOW 11:30 a.m. - 12:30 p.m.	WATER WONDERS 12:30 a.m. - 1:30 p.m.		WATER WONDERS 12:30. a.m. - 1:30 p.m.	STEP IT UP/FLOW 11:30 a.m. - 12:30 p.m.	OPEN SWIM 10:45 -4:30 p.m
	CAMP SWIM 1:30-3:00 p.m. Pool Closed	CAMP SWIM 1:30-3:00 p.m. Pool Closed		CAMP SWIM 1:30-3:00 p.m. Pool Closed	CAMP SWIM 1:30-3:00 p.m. Pool Closed	
	AQUA CARDIO BLAST 5:30 - 6:30 p.m.	AQUA STRENGTH 5:30 - 6:30 p.m.	AQUA CARDIO BLAST 5:30 - 6:30 p.m.	AQUA STRENGTH 5:30 - 6:30 p.m.		
POOL CLOSES 4:30 p.m.		OPEN SWIM 6:30 - 8:30 p.m.	OPEN SWIM 6:30 -8:30 p.m			POOL CLOSES 4:30 p.m.
	POOL CLOSES 8:30 p.m.	POOL CLOSES 8:30 p.m.	POOL CLOSES 8:30 p.m.		POOL CLOSES 6:30 P.M.	

*Portions of the pool including lap lanes may be closed during Aquatic exercise classes.

*Swim lane space may be limited at times due to large class sizes. It is under the discretion of JCC Aquatic Staff on the number of lap lanes in the pool.

AQUATIC CLASSES,
CONTACT AQUATICS COORDINATOR
SHAWN CRYSTAL,
(330) 746-3250 EXT. 112 OR
AQUATICS@JCCYOUNGSTOWN.ORG
OR VISIT WWW.JCCYOUNGSTOWN.ORG

Group Exercise Classes

(▶ INDICATES EXTRA FEE)
See Program Guide for Class
Descriptions and Prices

June-Sept. 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TOTAL BODY SCULPT 8:00-8:55 a.m.	YOGA 8:00-8:55 a.m.	CARDIO FUSION 8:00-8:55 a.m.	YOGA 8:00-8:55 a.m.	INSTRUCTOR'S CHOICE 8:00-8:55 a.m.	
TABATA 9:30-10:25 a.m.	CARDIO LOW 9:00-9:55 a.m.	GENTLE YOGA 9:00-9:55 a.m. (multi-purpose room)	CARDIO LOW 9:00-9:55 a.m.	GENTLE YOGA 9:00-9:55 a.m. (multi-purpose room)	CARDIO LOW 9:00-9:55 a.m.	INSANITY® 9:00-9:55 a.m.
		CHISELED 9:00-9:55 a.m.		CHISELED 9:00-9:55 a.m.		
	SILVERSNEAKERS CLASSIC 9:00-9:55 a.m. (multi-purpose room)	ZUMBA GOLD® 10:00-10:55 a.m.	SILVERSNEAKERS CLASSIC 9:00-9:55 a.m. (multi-purpose room)	ZUMBA GOLD® 10:00-10:55 a.m.	SILVER STEP CIRCUIT 10:00-10:55 a.m.	ZUMBA 10:00-10:55 a.m.
FOR ADDITIONAL INFORMATION ON ALL CLASSES CONTACT GROUP X TEAM LEADER SHELIA CORNELL, (330) 746-3250 EXT. 184 GROUPX@JCCYOUNGSTOWN.ORG	SILVERSNEAKERS CLASSIC 10:00-10:55 a.m. (multi-purpose room)	SILVERSNEAKERS CARDIO CIRCUIT 10:00-10:55 a.m. (multi-purpose room)	SILVERSNEAKERS CLASSIC 10:00-10:55 a.m. (multi-purpose room)			
		NOONTIME BLITZ 12:05-12:55 p.m.	DELAY THE DISEASE 10:30-11:30 a.m.	NOONTIME BLITZ 12:05-12:55 p.m.		
		▶ TAI CHI 2:00-3:30 p.m.		▶ TAI CHI 2:00-3:30 p.m.	NON MEMBER DROP IN RATES FOR GROUP EXERCISE & AQUATIC CLASSES: 1 CLASS-\$8 • 10 CLASSES-\$70 • 20 CLASSES-\$120	
				FIT KIDS 3:30-4:25 p.m.		
	CARDIO LINE DANCING 4:30-5:25 p.m.	TOTAL BODY FITNESS 4:30-5:25 p.m.	CARDIO LINE DANCING 4:30-5:25 p.m.	CARDIO KICKBOXING 4:30-5:25 p.m.		
	HI LOW INTERVAL 5:30-6:25 p.m.	ZUMBA® 5:30-6:25 p.m.	TOTAL STRENGTH & ENDURANCE 5:30-6:25 p.m.	ZUMBA® 5:30-6:25 p.m.		
	R.I.P.P.E.D. 6:30-7:20	YOGA 6:30-7:45 p.m.		YOGA 6:30-7:45 p.m.		