



# AQUATICS SCHEDULE

*Updated 4/12/2021.* Class sizes are limited and registration is recommended.  
To find class descriptions or to register visit [jccyoungstown.org/aquatics](http://jccyoungstown.org/aquatics).

DAY	TIME	CLASS
<b>MONDAY</b>	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Water In Motion
	10:00 - 11:00 a.m.	Volleyball (Limited Lap Lanes)
	5:00 - 6:00 p.m.	Stroke Clinic (Pool Closed)
	6:00 - 7:00 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closes
<b>TUESDAY</b>	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Mobility Plus
	9:15 a.m. - 12:15 p.m.	Pre-school Swim Lessons
	12:15 - 1:00 p.m.	Water Wonders
	5:00 - 6:00 p.m.	Stroke Clinic (Pool Closed)
	6:00 - 7:00 p.m.	Double Impact
8:30 p.m.	Pool Closes	
<b>WEDNESDAY</b>	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Water In Motion
	10:00 - 11:00 a.m.	Volleyball (Limited Lap Lanes)
	11:00 - 11:45 a.m.	Step It Up Flow
	5:00 - 6:00 p.m.	Stroke Clinic (Pool Closed)
	6:00 - 7:00 p.m.	Aqua Challenge
8:30 p.m.	Pool Closes	
<b>THURSDAY</b>	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Mobility Plus
	12:15 - 1:00 p.m.	Aqua Dance
	5:00 - 6:00 p.m.	Stroke Clinic (Pool Closed)
	6:00 - 7:00 p.m.	Instructor's Choice
	8:30 p.m.	Pool Closes
<b>FRIDAY</b>	5:30 a.m.	Pool Opens
	10:00 - 11:00 a.m.	Volleyball (Limited Lap Lanes)
	11:00 - 11:45 a.m.	Instructors Choice
	6:30 p.m.	Pool Closes
<b>SATURDAY</b>	7:30 a.m.	Pool Opens
	8:00 - 8:45 a.m.	H2O Combo
	9:00 - 9:30 a.m.	You and Me Baby (6-36 months)
	9:30 - 10:00 a.m.	Learn to Swim Levels 1 & 2
	10:15 - 10:45 a.m.	Learn to Swim Levels 3 & 4
	11:00 - 11:30 a.m.	Water Women
4:30 p.m.	Pool Closes	
<b>SUNDAY</b>	7:30 a.m.	Pool Opens
	4:30 p.m.	Pool Closes