



WELLNESS, HEALTHY LIVING & AQUATICS SCHEDULE

YMCA OF THE SANDHILLS Fayetteville Branch- MARCH-2017

| Activity | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|------------------------|--|---|---|---|--|------------------------------|
| Open Swim | 1:00P-4:45P | 1:00P-3:00P 6:30P-8:45P | 9:00A- 11:45P 1:00p-2:00P 7:45P-8:45P Pool Closed 2-3 Closed FTCC 8-9A | 1:00P-3:00P 6:30P-8:45P | 9:00A- 11:45:00A 1:00P-2:00P 7:45P-8:45P Pool Closed 2-3 Closed FTCC 8-9A | 1:00PM-3:30PM 6:30P-7:45P | 1:30P-3:45P |
| Lap Swim | 2 Lanes 1:00P-4:45P | 5 Lanes: 5:30A-8:00A 2 Lanes: Adult 8:00A-5:30P 3 Lane: 7:00P-8:45P | 5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-2:00P 6:45P-8:45P 1 Lane: 4:00P-6:45P No Lanes 2-3 | 5 Lanes: 5:30A-8:00A 2 Lanes: Adult 8:00A-5:30P 3 Lane: 7:00P-8:45P | 5 Lanes: 5:30A-8:00A 2 Lanes: 8:00A-2:00P 6:45P-8:45P 1 Lane: 4:00P-6:45P No lanes 2-3 | 5 Lanes: 5:30A-8:00A 2 Lanes: Adult 8:00A-6:30P 3 Lane: 6:30P-8:45P | 2 Lanes: 8:00A-3:45P |
| Aerobics & Group Fitness | None | Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45P Closed FTCC 1:00p-1:50p | Aqua Yoga 12:00P-12:50P Water Aerobics 6:45P-7:45P | Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45 Closed FTCC 1:00p-1:50p | Aqua Yoga 12:00P-12:50P Water Aerobics 6:45PM-7:45PM | Water Aerobics 8:00A-9:00A High-impact WA 9:30A-10:30A Arthritics WA 11:00A-11:45A 12:00P-12:45P | Water Aerobic 8:00A-9:00A |



