

GreatPLAY - North YMCA 1936 NW Tyler St. (785) 233-9815

Pool and class schedules are online at www.greatlifegolf.com/-fitness-classes

Zero entry to 5 ½' deep; 3 lap lanes; temperature 82°

GreatPlay Pool

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		Pool opens at 5:30am													
		Shallow	Deep	Shallow	Deep	Shallow	Deep	Shallow	Deep	Shallow	Deep	Pool opens at 8:00am			
Morning	Aqua Ex.	Aqua Ex.				Aqua Ex.	Aqua Ex.			Aqua Ex.	Aqua Ex.	Shallow	Deep		
	8-9a	8-9a				8-9a	8-9a			8-9a	8-9a		Water Walking		
	Bob	class led				Bob	class led			Bob	class led		8:30-10a		
	Aqua Ex.					Aqua Ex.							Sally		
	9-10a	Aqua Ex.				9-10a	Aqua Ex.				Aqua Ex.				
	Carrie	9:30-10:30a			Aqua Ex.	9:30-10:30a	Carrie	9:30-10:30a			9:30-10:30a				
		Donna			Aqua Ex.	9:45-10:30a	Donna	9:45-10:30a			Donna				
				Aqua Ex.	Donna			Aqua Ex.	Donna						
				11-12p				11-12p							
				Glennis				Glennis							
Evening	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.	Aqua Ex.						
	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p						
	Sally	class led	Sally	Shirley	Sally	Shirley	Sally	class led							
Pool closes at 8:45pm															



closed Sundays

Aqua Exercise	A variety of cardio and strength training exercises in the shallow water using water equipment including barbells, inner tubes, and noodles. Great for all fitness levels
Water Walking	Light intensity class in the deep water with a floatation belt. A variety of exercises and walking movements are performed, some using barbells and noodles. Great for all fitness levels.