

Performance Center (downtown YMCA)-Water Classes

421 SW VanBuren (785) 354-8591

| POOL OPENS AT 5:00am (mon-fri) | | | | | | | | | | | pool opens 6:00am (sat) |
|----------------------------------|--------------------------------------|--|--------------------------------------|--|--------------------------------------|--|--------------------------------------|--|--------------------------------------|--|--------------------------------------|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
| Morning | Open for lap & recreational swimming | | Open for lap & recreational swimming | | Open for lap & recreational swimming | | Open for lap & recreational swimming | | Open for lap & recreational swimming | | Open for lap & recreational swimming |
| | | | | | | | | | | | |
| Afternoon | 2 lanes open for lap swim | Seaman Swim Team 3:30p-5:30p 4 lanes | 2 lanes open for lap swim | Seaman Swim Team 3:30p-5:30p 4 lanes | 2 lanes open for lap swim | Seaman Swim Team 3:30p-5:30p 4 lanes | 2 lanes open for lap swim | Seaman Swim Team 3:30p-5:30p 4 lanes | 2 lanes open for lap swim | Seaman Swim Team 3:30p-5:30p 4 lanes | pool closes 6:00am (sat) |
| | 1 lane open for lap swim | Seadragons Swim Team 5:30p-8:00p 5 lanes | 1 lane open for lap swim | Seadragons Swim Team 5:30p-8:00p 5 lanes | 1 lane open for lap swim | Seadragons Swim Team 5:30p-8:00p 5 lanes | 1 lane open for lap swim | Seadragons Swim Team 5:30p-8:00p 5 lanes | 1 lane open for lap swim | Seadragons Swim Team 5:30p-8:00p 5 lanes | |
| POOL CLOSSES AT 8:00pm (mon-fri) | | | | | | | | | | | |

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

Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members

\$10 Fitness Only memberships DO NOT include Group Exercise Classes

updated 5/1/19

