

Performance Center_(downtown YMCA)-Water Classes

421 SW VanBuren (785) 354-8591

POOL OPENS AT 5:00am (mon-fri)												pool opens 6:00am (sat)	
Morning		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		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	
Evening		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 closes 6:00am (sat)	
										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 4/1/19

GreatLIFE
Live. Play. Better.