



August Aquatics Schedule

Hannibal YMCA

August 1st - August 31st

1 YMCA Drive

Hannibal, MO 63401

(573) 221-0586

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap/Open Swim Aquatics Center 5am - 9am	Lap/Open Swim Aquatics Center 5am - 9am	Lap/Open Swim Aquatics Center 5am - 9am	Lap/Open Swim Aquatics Center 5am - 9am	Lap/Open Swim Aquatics Center 5am - 9am		
	HHST Aquatics Center 5:45am - 7am	HHST Aquatics Center 5:45am - 7am	HHST Aquatics Center 5:45am - 7am	HHST Aquatics Center 5:45am - 7am	HHST Aquatics Center 5:45am - 7am		
6am						Open Swim Aquatics Center 6:15am - 7:45pm	
						Lap Swim Aquatics Center 6:15am - 7:45pm	
9am	Water Aerobics Aquatics Fitness 9am - 10am	Water Aerobics Aquatics Center 9am - 10am	Water Aerobics Aquatics Fitness 9am - 10am	Water Aerobics Aquatics Center 9am - 10am	Water Aerobics Aquatics Fitness 9am - 10am		
	Lap Swim Aquatics Center 9am - 3:30pm	Lap Swim Aquatics Center 9am - 3:30pm	Lap Swim Aquatics Center 9am - 3:30pm	Lap Swim Aquatics Center 9am - 3:30pm	Lap Swim Aquatics Center 9am - 3:30pm		
10am	Aquaease Aquatics Fitness 10am - 11am	Open Swim Aquatics Center 10am - 2:45pm	Aquaease Aquatics Fitness 10am - 11am	Open Swim Aquatics Center 10am - 2:45pm	Aquaease Aquatics Fitness 10am - 11am		
11am	Open Swim Aquatics Center 11am - 2:45pm		Open Swim Aquatics Center 11am - 2:45pm		Open Swim Aquatics Center 11am - 2:45pm		
			Adult Water Safety Aquatics Center 11am - 11:30am				
1pm							Open Swim Aquatics Center 1:15pm - 5:30pm
							Lap Swim Aquatics Center 1:15pm - 5:30pm
4pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm	Pool Closed Aquatics Center 4pm - 6pm		
5pm		Open Swim Aquatics Center 5:30pm - 6:30pm		Open Swim Aquatics Center 5:30pm - 6:30pm			HHST Aquatics Center 5:30pm - 7pm
6pm	Lap Swim Aquatics Center 6pm - 9pm	Lap Swim Aquatics Center 6pm - 9pm	Lap Swim Aquatics Center 6pm - 9pm	Lap Swim Aquatics Center 6pm - 9pm	Lap Swim Aquatics Center 6pm - 9pm		
	Water Aerobics Aquatics Fitness 6:05pm - 7:05pm	H2O Bootcamp Aquatics Fitness 6:30pm - 7:30pm	Water Aerobics Aquatics Fitness 6:05pm - 7:05pm	H2O Bootcamp Aquatics Fitness 6:30pm - 7:30pm	Open Swim Aquatics Center 6pm - 9pm		
		Open Swim Aquatics Center 6:30pm - 9pm		Open Swim Aquatics Center 6:30pm - 9pm			
7pm	Open Swim Aquatics Center 7:05pm - 9pm		Open Swim Aquatics Center 7:05pm - 9pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Hannibal YMCA

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Adult Water Safety - Offered to all adults 18 and up who need introduced to the aquatic environment. Skills such as being supported and unsupported while floating; arm and leg movements; breathing; under water exploration; front and backstroke; and basic water skills.

Aquaease - Slow moving exercises to increase range of motion and arthritic joints. This class is not a cardio vascular class, but a focus on improving range of motion throughout the body. This class will be held in deep and shallow water.

H2O Bootcamp - Water based fitness class. Brings the intensity found in our aerobic and strength classes to the water where members will burn loads of calories, shape and tone muscle, and improve endurance all while avoiding the harsh impact on joints.

Water Aerobics - This class is designed for participants to actively move through the water using their whole body by doing jumping jacks, kicking, jogging, walking, abdominal work, and water weight toning. Participants should work at their own pace and