



**November Pool Schedule**  
**Hannibal YMCA**  
 November 1st - November 30th

1 YMCA Drive  
 Hannibal, MO 63401  
 (573) 221-0586

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>5am</b>	<b>Lap/Open Swim</b> Aquatics Center 5am - 9am	<b>Lap/Open Swim</b> Aquatics Center 5am - 9am	<b>Lap/Open Swim</b> Aquatics Center 5am - 9am	<b>Lap/Open Swim</b> Aquatics Center 5am - 9am	<b>Lap/Open Swim</b> Aquatics Center 5am - 9am		
	<b>HHST</b> Aquatics Center 5:45am - 7am	<b>HHST</b> Aquatics Center 5:45am - 7am	<b>HHST</b> Aquatics Center 5:45am - 7am	<b>HHST</b> Aquatics Center 5:45am - 7am	<b>HHST</b> Aquatics Center 5:45am - 7am		
<b>6am</b>						<b>Open Swim</b> Aquatics Center 6:15am - 7:45pm	
						<b>Lap Swim</b> Aquatics Center 6:15am - 7:45pm	
<b>9am</b>	<b>Water Aerobics</b> Aquatics Fitness 9am - 10am	<b>Water Aerobics</b> Aquatics Center 9am - 10am	<b>Water Aerobics</b> Aquatics Fitness 9am - 10am	<b>Water Aerobics</b> Aquatics Center 9am - 10am	<b>Water Aerobics</b> Aquatics Fitness 9am - 10am		
	<b>Lap Swim</b> Aquatics Center 9am - 2:45pm	<b>Lap Swim</b> Aquatics Center 9am - 2:45pm	<b>Lap Swim</b> Aquatics Center 9am - 2:45pm	<b>Lap Swim</b> Aquatics Center 9am - 2:45pm	<b>Lap Swim</b> Aquatics Center 9am - 2:45pm		
<b>10am</b>	<b>Aquaease</b> Aquatics Fitness 10am - 11am	<b>Open Swim</b> Aquatics Center 10am - 2:45pm	<b>Aquaease</b> Aquatics Fitness 10am - 11am	<b>Open Swim</b> Aquatics Center 10am - 2:45pm	<b>Aquaease</b> Aquatics Fitness 10am - 11am		
<b>11am</b>	<b>Open Swim</b> Aquatics Center 11am - 2:45pm		<b>Open Swim</b> Aquatics Center 11am - 2:45pm		<b>Open Swim</b> Aquatics Center 11am - 2:45pm		
			<b>Adult Water Safety</b> Aquatics Center 11am - 11:30am				
<b>1pm</b>							<b>Open Swim</b> Aquatics Center 1:15pm - 5:30pm
							<b>Lap Swim</b> Aquatics Center 1:15pm - 5:30pm
<b>2pm</b>	<b>Limited Lap Swim</b> Aquatics Center 2:45pm - 3:30pm	<b>Limited Lap Swim</b> Aquatics Center 2:45pm - 3:30pm	<b>Limited Lap Swim</b> Aquatics Center 2:45pm - 3:30pm	<b>Limited Lap Swim</b> Aquatics Center 2:45pm - 3:30pm	<b>Limited Lap Swim</b> Aquatics Center 2:45pm - 3:30pm		
<b>3pm</b>	<b>Pool Closed</b> Aquatics Center 3:30pm - 6pm	<b>Pool Closed</b> Aquatics Center 3:30pm - 6pm	<b>Pool Closed</b> Aquatics Center 3:30pm - 6pm	<b>Pool Closed</b> Aquatics Center 3:30pm - 6pm	<b>Pool Closed</b> Aquatics Center 3:30pm - 6pm		
<b>5pm</b>		<b>Group Lessons</b> Aquatics Center 5:30pm - 6:30pm		<b>Group Lessons</b> Aquatics Center 5:30pm - 6:30pm			<b>HHST</b> Aquatics Center 5:30pm - 7pm
<b>6pm</b>	<b>Water Aerobics</b> Aquatics Fitness 6:05pm - 7:05pm	<b>Lap Swim</b> Aquatics Center 6:15pm - 9pm	<b>Water Aerobics</b> Aquatics Fitness 6:05pm - 7:05pm	<b>Lap Swim</b> Aquatics Center 6:15pm - 9pm	<b>Open Swim</b> Aquatics Center 6pm - 9pm		
	<b>Lap Swim</b> Aquatics Center 6:15pm - 9pm	<b>Open Swim</b> Aquatics Center 6:45pm - 9pm	<b>Lap Swim</b> Aquatics Center 6:15pm - 9pm	<b>Open Swim</b> Aquatics Center 6:45pm - 9pm	<b>Lap Swim</b> Aquatics Center 6:15pm - 9pm		
<b>7pm</b>	<b>Open Swim</b> Aquatics Center 7:05pm - 9pm		<b>Open Swim</b> 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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Hannibal, MO 63401  
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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.

**Group Lessons** - These are offered for ages 6 months to 14 years. Classes are offered monthly on Tuesday/Thursday nights. Payment is due at the time of registration. Classes will fill on a first come first serve basis.

**Limited Lap Swim** - During this time, only One lane will be available for member useage

**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