



February Aquatics Schedule Hannibal YMCA February 1st - February 28th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am	Open Swim Aquatics Center 5am - 9am		
	Lap Swim Aquatics Center 5am - 2:45pm	Lap Swim Aquatics Center 5am - 2:45pm	Lap Swim Aquatics Center 5am - 2:45pm	Lap Swim Aquatics Center 5am - 2:45pm	Lap Swim Aquatics Center 5am - 2:45pm		
6am						Lap/Open Swim Aquatics Center 6:15am - 6:45pm	
9am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am	Water Aerobics Aquatics Fitness Teddy Sharpe 9am - 10am	Water Aerobics Aquatics Fitness Judy Irons 9am - 10am		
	Lap Swim Aquatics Center 9am - 2:45pm	Lap Swim Aquatics Center 9am - 2:45pm	Lap Swim Aquatics Center 9am - 2:45pm	Lap Swim Aquatics Center 9am - 2:45pm	Lap Swim Aquatics Center 9am - 2:45pm		
10am	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Open Swim Aquatics Center 10am - 2:45pm	Aquaease Aquatics Fitness Judy Irons 10am - 11am	Open Swim Aquatics Center 10am - 2:45pm	Aquaease Aquatics Fitness Judy Irons 10am - 11am		
11am	Open Swim Aquatics Center 11am - 2:45pm		Open Swim Aquatics Center 11am - 2:45pm		Open Swim Aquatics Center 11am - 2:45pm		
1pm							Lap/Open Swim Aquatics Center 1:15pm - 5:30pm
2pm	Limited Lap Swim Aquatics Center 2:45pm - 3:30pm	Limited Lap Swim Aquatics Center 2:45pm - 3:30pm	Limited Lap Swim Aquatics Center 2:45pm - 3:30pm	Limited Lap Swim Aquatics Center 2:45pm - 3:30pm	Limited Lap Swim Aquatics Center 2:45pm - 3:30pm		
3pm	Pool Closed Aquatics Center 3:30pm - 6pm	Pool Closed Aquatics Center 3:30pm - 6pm	Pool Closed Aquatics Center 3:30pm - 6pm	Pool Closed Aquatics Center 3:30pm - 6pm	Pool Closed Aquatics Center 3:30pm - 6pm		
5pm		Group Lessons Aquatics Center Judy Irons 5:30pm - 7pm		Group Lessons Aquatics Center Judy Irons 5:30pm - 7pm			
6pm	Water Aerobics Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Lap Swim Aquatics Center 6:15pm - 9pm	Water Aerobics Aquatics Fitness Donna Hemme 6:05pm - 7:05pm	Lap Swim Aquatics Center 6:15pm - 9pm	Open Swim Aquatics Center 6pm - 9pm		
	Lap Swim Aquatics Center 6:15pm - 9pm		Lap Swim Aquatics Center 6:15pm - 9pm		Lap Swim Aquatics Center 6:15pm - 9pm		
7pm	Open Swim Aquatics Center 7:05pm - 9pm	Open Swim Aquatics Center 7pm - 9pm	Open Swim Aquatics Center 7:05pm - 9pm	Open Swim Aquatics Center 7pm - 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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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