



**Pool @ Naik Family Branch YMCA**  
**May 30th - June 11th**  
**\*Pool closing at 7:30PM; Facility Closing at 8PM\***

1 Harry Austin Drive  
 Mystic, CT 06355  
 (860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Lap Lane - 6 N/A . 5am - 8:30am	Open Lap Lane - 6 n/a n/a 5am - 8:55am	Open Lap Lane - 6 N/A . 5am - 8:30am	Open Lap Lane - 6 n/a n/a 5am - 8:55am	Open Lap Lane - 6 n/a n/a 5am - 8:55am		
6am						Open Lap Lane - 6 N/A . 6am - 7:55am	Open Lap Lane - 6 N/A . 6am - 8:55am
8am	Deep Water Workout Marlynn B 8:30am - 9:25am		Aquacize Marlynn B 8:30am - 9:25am			Open Lap Lane - 1 N/A . 8am - 12:30pm	
			Open Lap Lane - 1 N/A . 8:30am - 10:25am				
9am	Aquacize Mary C 9:30am - 10:25am	Open Lap Lane - 4 N/A . 9am - 10am	Senior Water Workout Marlynn B 9:30am - 10:25am	Open Lap Lane - 4 N/A . 9am - 10am	S'WET Mary C 9am - 9:55am		Open Lap Lane - 3 N/A . 9am - 9:55am
							S'WET Mary C 9am - 9:55am
10am	Open Lap Lane - 6 N/A . 10:30am - 3pm	Deep Water Workout Mary C 10am - 10:55am	Open Lap Lane - 4 n/a n/a 10:30am - 12pm	Senior Water Workout Judy N 10am - 10:55am	Aquacize Mary C 10am - 10:55am		Open Lap Lane - 1 N/A . 10am - 1pm
				Open Lap Lane - 3 N/A . 10am - 10:55am			
11am		Open Lap Lane - 4 N/A . 11am - 12pm		Open Lap Lane - 6 N/A . 11am - 3pm	Open Lap Lane - 6 N/A . 11am - 3pm		
12pm		Open Lap Lane - 6 N/A . 12pm - 3pm	Open Lap Lane - 6 N/A . 12pm - 3pm			Open Lap Lane - 4 N/A . 12:35pm - 3:30pm	
						Family Swim- 2 Lanes N/A . 12:45pm - 3:30pm	
1pm							Open Lap Lane - 4 N/A . 1pm - 3:30pm
							Family Swim- 2 Lanes N/A . 1pm - 3:30pm
3pm	Open Lap Lane - 4 N/A . 3pm - 4:10pm	Open Lap Lane - 4 N/A . 3pm - 4:10pm	Open Lap Lane - 4 N/A . 3pm - 4:10pm	Open Lap Lane - 4 N/A . 3pm - 4:10pm	Open Lap Lane - 4 N/A . 3pm - 5pm		
	Family Swim- 2 Lanes N/A . 3pm - 4:10pm	Family Swim- 2 Lanes N/A . 3pm - 4:10pm	Family Swim- 2 Lanes N/A . 3pm - 4:10pm	Family Swim- 2 Lanes N/A . 3pm - 4:10pm	Family Swim- 2 Lanes N/A . 3pm - 4:10pm		
4pm	Open Lap Lane - 2 N/A . 4pm - 5pm	Open Lap Lane - 3 N/A . 4:10pm - 5pm	Open Lap Lane - 2 N/A . 4:10pm - 6:30pm	Open Lap Lane - 2 N/A . 4pm - 5pm			

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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5pm</b>	<b>Open Lap Lane - 2</b> N/A . 5pm - 6:30pm	<b>Open Lap Lane - 4</b> N/A . 5pm - 6:30pm		<b>Family Swim- 2 Lanes</b> N/A . 5pm - 6:30pm	<b>Open Lap Lane - 2</b> N/A . 5pm - 6:30pm		
		<b>Family Swim- 2 Lanes</b> N/A . 5pm - 6:30pm		<b>Open Lap Lane - 4</b> N/A . 5pm - 6:30pm			
<b>6pm</b>	<b>Open Lap Lane - 6</b> N/A . 6:30pm - 7:30pm	<b>Open Lap Lane - 6</b> N/A . 6:30pm - 7:30pm	<b>Open Lap Lane - 6</b> N/A . 6:30pm - 7:30pm	<b>Open Lap Lane - 6</b> N/A . 6:30pm - 7:30pm	<b>Open Lap Lane - 6</b> N/A . 6:30pm - 7:30pm		

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.

**Aquacize** - Medium to high intensity workout, with light to medium impact. This class will help improve flexibility, and mobility: tones and strengthen muscles, increases stamina and energy.

**Deep Water Workout** - Focus on deep water HIIT and emphasis on core strength.

**Family Swim- 2 Lanes** - All swimmers under 17 MUST take swim test to swim in deep end. Swimmers who do not pass or choose not to take the swim test must remain in shallow end with a parent at all times.

**Open Lap Lane - 1** - Please share lanes during lap swim times, circle swimming is recommended. Lanes may be shared with Private Lessons, Lifeguarding classes, etc.

**Open Lap Lane - 2** - Please share lanes during lap swim times, circle swimming is recommended. Lanes may be shared with Private Lessons, Lifeguarding classes, etc.

**Open Lap Lane - 3** - Please share lanes during lap swim times, circle swimming is recommended. Lanes may be shared with Private Lessons, Lifeguarding classes, etc.

**Open Lap Lane - 4** - Please share lanes during lap swim times, circle swimming is recommended. Lanes may be shared with Private Lessons, Lifeguarding classes, etc.

**Open Lap Lane - 6** - Please share lanes during lap swim times, circle swimming is recommended. Lanes may be shared with Private Lessons, Lifeguarding classes, etc.

**S'WET** - S'WET is Structured Water Exercise Training designed to incorporate unique blocks focused on HIIT, strength and advanced cardio training, plus a splash of fun, that will challenge your entire body and make you S'WET!

**Senior Water Workout** - Shallow water choreographed exercise using kick boards and noodles for a total body workout.