



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

**BENBROOK COMMUNITY CENTER YMCA—Effective: 9/5/2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap & Open/Family Swim 5:00a-5:45am						
BBCY SWIM TEAM 5:45a-7:00a *3 lap lanes available.						
Lap & Open/Family Swim 7:00a-9:15am						
Water Aerobics 9:15a-10:15a *One Lap Lane Available Tuesday, Thursday, Friday.					Lap & Open/ Family Swim 7:00a-8:30am	
Lap & Open/ Family Swim 10:15a-11:15p 4 Lap Lanes, 2 Open Lanes	Lap & Open/ Family Swim 10:15a-12:15p 4 Lap Lanes, 2 Open Lanes	Lap & Open/ Family Swim 10:15a-11:15p 4 Lap Lanes, 2 Open Lanes	Lap & Open/Family Swim 10:15a-12:15p 4 Lap Lanes, 2 Open Lanes	Lap & Open/ Family Swim 10:15a-11:15p 4 Lap Lanes, 2 Open Lanes	Deep Water Aerobics 8:30a-9:30a	
Water Aerobics/ Lap Swim 11:15a-12:15p 4 Lanes Aerobics, 2 Lap Lanes		Water Aerobics/ Lap Swim 11:15a-12:15p 4 Lanes Aerobics, 2 Lap Lanes		Water Aerobics/ Lap Swim 11:15a-12:15p 4 Lanes Aerobics, 2 Lap Lanes	FWTC/Lap Swim 9:30a-10:30a *3 Lap Lanes Available	Lap & Open/ Family Swim 1:00p- 4:45p
Lap & Family Swim 12:15p-4:30p 4 Lap Lanes, 2 Open Lanes					Lap & Open/ Family Swim 10:30a-4:45p	
SWIM TEAM 4:30p-6:45p *1 lap lane available.	Swim Lessons & Swim Team 4:30p-6:45p *NO LANES AVAILABLE.	SWIM TEAM 4:30p-6:45p *1 lap lane available.	Swim Lessons & Swim Team 4:30p-6:45p *NO LANES AVAILABLE.	SWIM TEAM 4:30p-6:45p *1 lap lane available. *MAKEUP LESSONS DAY	Pool Closes at 4:45p	Pool Closes at 4:45p
Lap & Open/Family Swim 6:45p-9:00p 4 Lap Lanes, 2 Open Lanes				Lap & Family Swim 6:45p-8:45p		
Pool Closes at 9:00p				Pool Closes at 8:45p		

- For additional questions, please contact Christopher Caney, Regional Aquatics Director, at [CCaney@ymcafw.org](mailto:CCaney@ymcafw.org).



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## WATER GROUP EXERCISE SCHEDULE

### Benbrook Community Center YMCA Effective September 5, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Wavemakers</b> 9:15a-10:15a Alissa	<b>Silver Splash</b> 9:15a-10:15a Chris	<b>Wavemakers</b> 9:15a-10:15a Alissa	<b>Silver Splash</b> 9:15a-10:15a Chris	<b>Wavemakers</b> 9:15a-10:15a Alissa	<b>DEEP WATER</b> 8:30a-9:30a Sam	
<b>Water Aerobics</b> 11:15a-12:15p Chris		<b>Water Aerobics</b> 11:15a-12:15p Chris		<b>Water Aerobics</b> 11:15a-12:15p Chris		

## CLASS DESCRIPTIONS

**WATER AEROBICS:** Water Aerobics is a form of aerobic exercise that requires water-immersed participants. Class focuses on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. This is a fantastic low impact workout for those that may struggle with knee or back pain.

**AQUAFIT:** Aqua Fitness is full of fun and energizing activities designed to help you reach your fitness goals! The exercises are performed in water that is chest deep so no swimming skills are needed to participate. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you!

**DEEP WATER:** This class is taught in the deep end of the pool with participants wearing a water belt. Participants should be able to dog paddle.

**SILVER SNEAKER SPLASH®:** SPLASH offers lots of fun and shallow water moves to improve flexibility and cardio endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination.

**WAVEMAKERS:** This aerobic workout provides high intensity with low impact on your joints. This workout will allow muscle strengthening and a greater range of motion to provide maximum muscle development. We use water and equipment for resistance to tone muscles.

- **SCHEDULE SUBJECT TO CHANGE.** For the latest updates, check out our website at [ymcafw.org/locations/benbrook](http://ymcafw.org/locations/benbrook)