



Indoor Pool @ Plainview YMCA

July 30th - August 6th

313 Ennis
Plainview, TX 79072
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap Swim Lifeguard On Duty 6am - 7:30am		Lap Swim Lifeguard On Duty 6am - 7:30am		Lap Swim Lifeguard On Duty 6am - 7:30am		
7am	Cardio Swim Jenny Ragland 7:30am - 8:30am		Cardio Swim Jenny Ragland 7:30am - 8:30am		Cardio Swim Jenny Ragland 7:30am - 8:30am		
8am	Water Aerobics Jenny Ragland 8:30am - 9:30am		Water Aerobics Jenny Ragland 8:30am - 9:30am		Water Aerobics Jenny Ragland 8:30am - 9:30am		
11am	Lap Swim Lifeguard On Duty 11:30am - 1pm		Lap Swim Lifeguard On Duty 11:30am - 1pm		Lap Swim Lifeguard On Duty 11:30am - 1pm		
2pm						Open Swim Lifeguard On Duty 2pm - 4pm	
4pm						Private Parties Lifeguard On Duty 4:30pm - 6:30pm	Private Parties Lifeguard On Duty 4:30pm - 6:30pm
6pm					Private Parties Lifeguard On Duty 6pm - 8pm		

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 Plainview YMCA

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Cardio Swim - This is a little more advanced version of our water aerobics!! Great way to get your heart pumping and shed those pounds. Great for those with joint pain!

Lap Swim - Swim laps at your own pace

Open Swim - Swim, play at your own pace, and have fun!

Private Parties - Book your private swim party at the front desk!

Water Aerobics - Instructor lead water Aerobics